



8882 '98 NOV 24 P2:35  
NOV 16 1998

October 30, 1998

Office of Special Nutritionals  
HFS-450 Center for Food Safety and Applied Nutrition  
U.S. Food and Drug Administration  
200 C St.SW  
Washington DC 20204

Statement of Nutritional Support- **IRON**

Pursuant to 21 CFR Part 101.93, American Specialty Health & Wellness (ASHW) files the following Statement of Nutritional Support for the Dietary Supplement marketed as:**IRON**

- 1) Name and Address of Distributor: ASHW 8989 Rio San Diego Dr.  
Ste. 250, San Diego CA 92108
- 2) Text of Nutritional Support Statement being Made:  
"Iron is an essential mineral which can best be absorbed when combined with Vitamin C. Iron is important in the production of hemoglobin and the oxygenation of red blood cells. It also supports a healthy immune system and healthy growth and development. Complete absorption of iron requires other nutrients including copper, manganese, molybdenum, Vitamin A, and the Vitamin B complex."
- 3) Name of dietary ingredient(s): See Attached Product Label
- 4) Brand Name: **IRON**
- 5) Substantiation information on file at the company office. The corporate officer who can certify same is Dr. Doug Metz, Vice President.

Yours truly,

A handwritten signature in cursive script, appearing to read "Doug Metz".

Dr. Doug Metz  
Vice President

97S - 0162

LET 2476

# Iron

## Description:

Iron is an essential mineral which can best be absorbed when combined with vitamin C. Iron is important in the production of hemoglobin and the oxygenation of red blood cells. It also supports a healthy immune system and healthy growth and development. Complete absorption of iron requires other nutrients including copper, manganese, molybdenum, vitamin A, and the vitamin B-complex.

These statements have not been evaluated by the Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure or prevent any disease.

**Directions For Use:** Take 1 capsule per day.

**Storage:** Keep tightly closed in a cool, dry place.

**Caution/Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately. As with any supplement, herb or medication, do not use it while pregnant or lactating, or provide it to a child without consulting a physician.

**Note:** This product is regulated by the FDA as a dietary supplement. If you have any questions about how you feel while taking this supplement, contact your physician. If you are taking any medication, have any disease or illness, consult your physician before taking this product. Do not stop or change prescribed medication without the permission or prescription of your physician.

DISTRIBUTED BY AMERICAN SPECIALTY HEALTH & WELLNESS™  
PO BOX 509040, SAN DIEGO, CA 92150-9040

# IRON

## DIETARY SUPPLEMENT

60 CAPSULES

*Premium Products for Your Health & Wellness™*

## Supplement Facts

Serving Size: 1 Capsule – Servings Per Container: 60

Amount Per Serving: % Daily Value		
Iron (as Ferrochel® amino chelate)	18mg	100%

**Other Ingredients:** Gelatin, cellulose, calcium phosphate hydrous, stearic acid, magnesium stearate and silicon dioxide.

Iron is free of wheat, corn, soy, dairy, sucrose, starch, salt and yeast.

Ferrochel® is a registered trademark of Albion Laboratories, Inc.